K1

Strength Training System

200-pound weight stack, shrouds and mounted exercise charts included!

Press Arm easily adjusts to any desired starting point. Folds out of the way for dumbbell training.

Double-Up Straps convert the resistance ratio to 2:1. This Provides for Presses and Squats with up to 400 pounds resistance! (Squat Bar included.)

Patent pending Adjustable Cable Arms provide for a complete array of dumbbell exercises, sports specific exercises, and rehab exercises.

Easy-to-adjust bench provides all angles from decline, to flat, to incline, to vertical.

Leg Station easily adjusts to three different positions providing for Leg Extensions, Leg Curls, and a 45 degree position for knee-hold-down (for decline presses).

Optional Leg Press Attachment

Machine dimensions:57.5″ wide (84.7″ w/ Leg Press) x 99.6″ long x 83.3″ high Space required 76″ wide x 120″ long or 96″ wide x 120″ long with Optional Leg Press.

The Best Horizontal Style Home Gym ever produced?

We think so.

From traditional strength training to functional core training, to sports specific and rehabilitation exercises - the K1 does it all! A wider range of exercises, for every muscle group, up to 400 pounds resistance, make the K1 a logical choice.

LIFETIME WARRANTY
Since it is built to last a lifetime, every part of the BodyCraft K1 is guaranteed for as long as you own it. We will replace or repair any defect. Warranty applies only to the original owner and for in-home use.

Bodycraft® is a division of Recreation Supply, Inc. P.O. Box 181 Sunbury, OH 43074 Phone 800-990-5556 Fax:740-965-2449 www.bodycraft.com